

February 2022

Elementary School Menu Kalispell Public Schools Food Service

Lunch includes entrée listed below, fruit, milk, and veggie

Hummus and Roll OR Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advance request.

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.



	Monday	Tuesday	Wednesday	Thursday	Friday	
LUNCH MENU: Breakfast and Lunch Free of Charge for all students for the 21-22 School Year Adult: \$3.50 For Lunch Adult Breakfast \$2.00 Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443.					
		1 Chicken Patty on WG Bun w/ Fruit, Veggie and Milk	2 Local Hot Dog on WG Bun w/ Fruit, Veggie and Milk	3 NEW!! Pancake and Sausage on a Stick, w/Syrup, Fruit, Veggie and Milk	4 Pizza w/ Veggie, Fruit and Milk	
	7 Chicken Tenders w/ Honey Mustard Sauce, Dinner Roll, Fruit, Veggie and Milk	8 Beef Taco w/ Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	9 Sloppy Joes on WG Bun w/ Fruit, Veggie, and Milk	10 Mac 'n' Cheese w/ WG Dinner Roll, Fruit, Veggie and Milk	11 Pizza w/ Veggie, Fruit and Milk	
	14 Pulled Turkey Sandwich w/ BBQ Sauce, Veggies, Fruit and Milk, Raspberry Hummus and Veggies	15 Chicken Patty on WG Bun, Veggies, Fruit and Milk	16 Hoagie Sandwich on WG Roll w/ Fruit, Veggie and Milk	17 Spaghetti w/ Meat Sauce, Dinner Roll, Fruit, Veggie and Milk	18 Pizza w/ Veggie, Fruit, and Milk	
	21 NO SCHOOL PRESIDENTS DAY	22 Monte Cristo Sandwich w/ Jam, Syrup, Fruit, Veggie and Milk	23 Corn Dog w/ Fruit, Veggie and Milk	24 Creamy, Cheesy Chicken & Rice w/ Fruit, Veggie and Milk	25 Pizza w/ Veggie, Fruit, and Milk	
	28 Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk					
	All students must take at least ½ cup of fruit and/or vegetable to complete a school lunch. A School Lunch Includes: (600-650 total calories), 1 cup milk, 1-2oz. protein, 1-2oz. grain, ¾ cup vegetables, ½ cup fruit, Students Must take at least ½ cup of fruit/vegetable.					
BREAKFAST Free for all students for the 21-22 School Year Adult \$2.00	Homemade Muffin and String Cheese with Fruit and Milk	Oatmeal or Whole Grain Cereal with String Cheese, Fruit and Milk	Biscuits and Sausage Gravy with Fruit and Milk	Oatmeal or Whole Grain Cereal with String Cheese, Fruit and Milk	Bagel w/ Cream Cheese, Yogurt with Fruit and Milk	



February Harvest of the Month: Beets

Every month, KPS highlights a farm fresh fruit, vegetable, or grain in season in Montana. Look for the Harvest of the Month on the lunch menu, in cafeteria taste tests, and recipes to take home.